

Dear Teacher:

Thank you for ordering **Ricky's Garden Adventure**, your one-day *Healthy Choice Kit* for grades K-2. The lesson plan also allows you to extend the lesson beyond one day. Please pass the materials along to interested colleagues.

Ricky's Garden Adventure allows you and your students to discover that fruits and vegetables are fun, exciting, and healthy foods that come in convenient packages. There is a great need for this experience, as the USDA has found that *half of all children eat less than one serving of fruit a day*, rather than the recommended 5-9 a day.

The *Healthy Choice Kit* is designed to increase consumption of fruits and vegetables through active student participation, attractive graphics and visual aids, and by involving parents in the classroom learning.

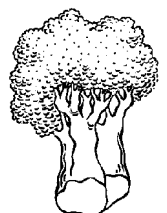
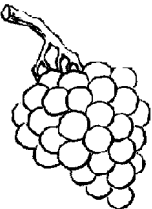
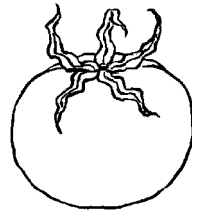
You will find the following materials enclosed:

- * Lesson plan (including extension ideas)
- * Lesson masters (**Ricky's Garden Adventure**, **Story Fruits and Veggies**, **Meal Fruits and Veggies**)
- * Letter to parents
- * A list of Internet resources
- * *Healthy Choice* stickers
- * Full color classroom poster
- * Evaluation card

We encourage you to pass the materials along to other educators. Please use the evaluation card to help us improve next year's lesson; your feedback is important! We look forward to hearing how your class responded to **Ricky's Garden Adventure**.

Sincerely,

Jonathan Dune, Director

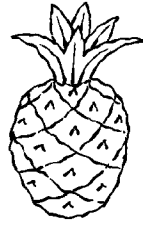
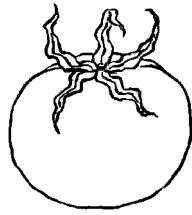


CHOICE



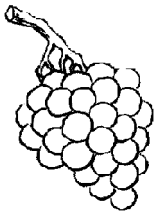
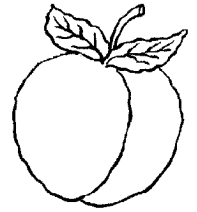
Consumers for
Healthy Options in
Children's Education

WWW.CHOICEUSA.NET CHOICE@CHOICEUSA.NET BOX 5888 BETHESDA MD 20824 1-877-6CHOICE

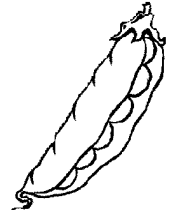


Dear _____,

In my class today I learned that just by eating more fruits and vegetables I can be stronger and healthier. I also learned that there are many different fun, tasty, and exciting fruits and veggies from which to choose.



Scientists have found that eating 5-9 servings a day promotes better health and helps prevent disease, yet *half of all children eat less than one serving of fruit a day*, rather than the recommended 5-9 daily servings.



I need to eat more fruits and veggies, and I need your help in trying more of the foods that will help me become stronger and healthier.



Love _____





Ricky's Garden Adventure

Lesson Plan

MATERIALS

DAY ONE:

- 1) **Ricky's Garden Adventure** story (class copies optional, suggested for grade 2).
- 2) Enough copies of **Story Fruits and Veggies** cards so that each student will have one fruit or vegetable to color. Twenty-four unique fruits and veggies belong in the story. If you have more than 24 students, make additional copies and have students with duplicates decorate cover.
- 3) Copies of parent letter.

DAY TWO:

- 1) Class copies of **Meal Fruits and Veggies** page.
- 2) Paper plates on which to glue **Meal Fruits and Veggies** to make their own "meals."

PROCEDURES

INTRODUCTION: Call on students to name foods that they know. Put all fruits, grains, legumes, and vegetables on one side of the board, put all other foods on the other. When students are finished, point out that the fruits, grains, beans, and veggies are important to keep us strong and healthy. Point out that, "Scientists have found that eating 5-9 servings a day promotes better health and helps prevent disease, yet *half of all children eat less than one serving of fruit a day.*"

STEP 1: Hand out one **Story Fruits and Veggies** card for each student to color.

STEP 2: Read **Ricky's Garden Adventure**. Ask students to bring picture card to glue in the class book as they appear in the story.

CLOSURE: Ask students which fruits and vegetables they like the most. Ask which ones they have never tried. Send home parent letter.

THE FOLLOWING DAY:

STEP 3: Hand out **Meal Fruits and Veggies** for students to color, cut out, and glue onto plates to make healthy meals!

EXTENSION: Make a healthy food bulletin board or hang pictures under the whiteboard. You can ask each morning which fruits and veggies the students ate the day before. Pictures can be added as students discover and explore new fruits and veggies. You may want to make a class goal to find as many fruits and veggies as possible by the end of the week/month/year-- and have a fruit and veggie party to celebrate!



Ricky's Garden Adventure

Internet Resources

CURRICULUM MATERIALS

✓ **Leafy Greens Council** provides *Leafy Greens Lesson Plans* to encourage our youngest generation to understand the nutritional benefits and the cancer-fighting elements of leafy greens. Classroom students can receive free materials such as book covers, trading cards, brochures and posters (www.leafy-greens.org).

✓ The **Dole Company** sponsors a national program to increase consumption of fruits and vegetables (www.dole5aday.com). If your class has Internet access, they can use the site's exciting interactive elements—your students can listen to veggie theme music, download coloring books, and read about fruits and veggies.

✓ **Washington State Apple Growers** has created a complete elementary school curriculum to teach healthy lifestyles and promote the consumption of fruits and vegetables. Many of the materials are available directly from the website (www.healthychoices.org).

TEACHER BACKGROUND INFORMATION

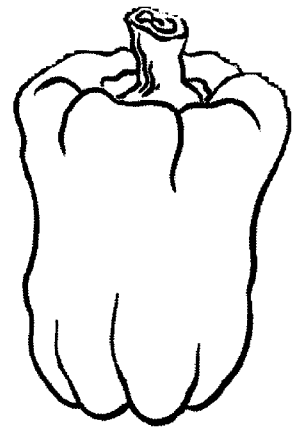
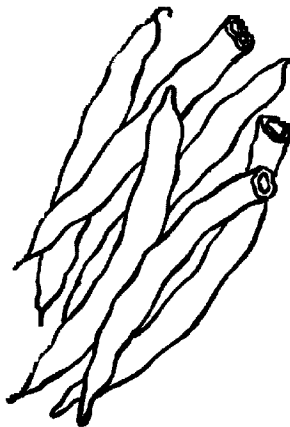
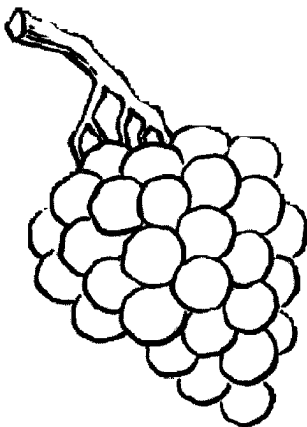
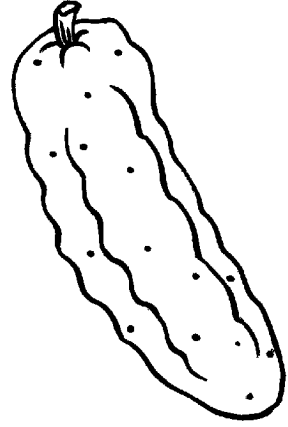
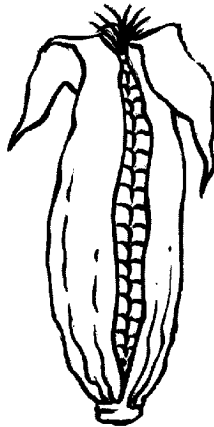
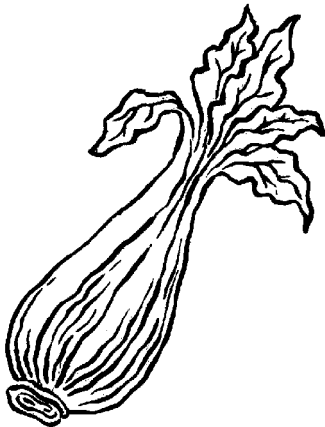
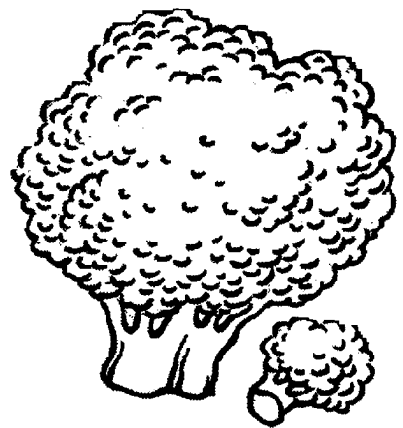
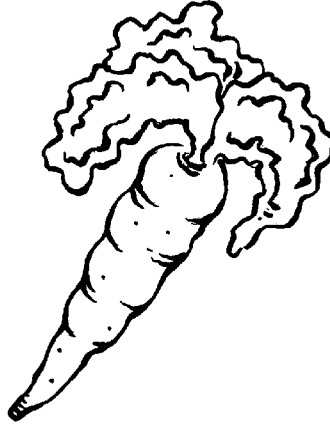
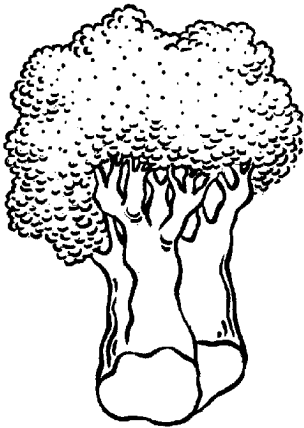
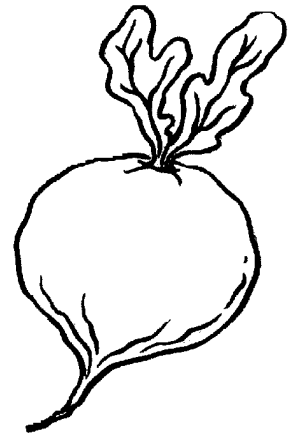
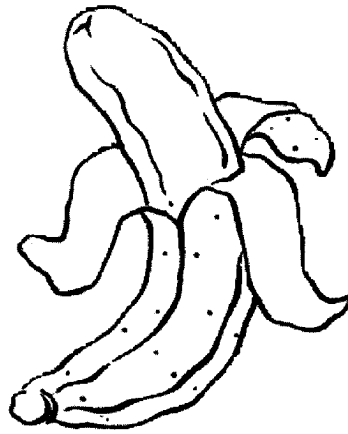
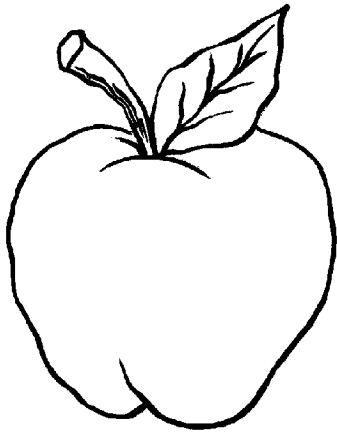
✓ The **Produce for Better Health Foundation** has an exhaustive website designed to disseminate information on the importance of increased consumption of fruits and vegetables (www.5aday.com).

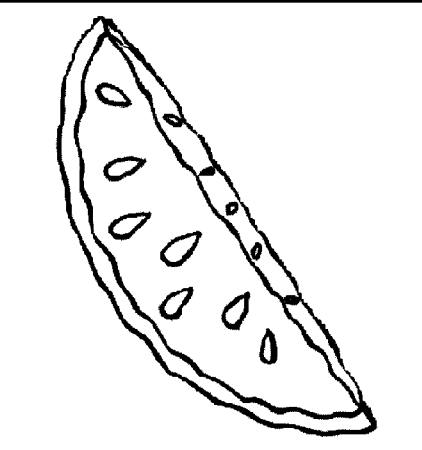
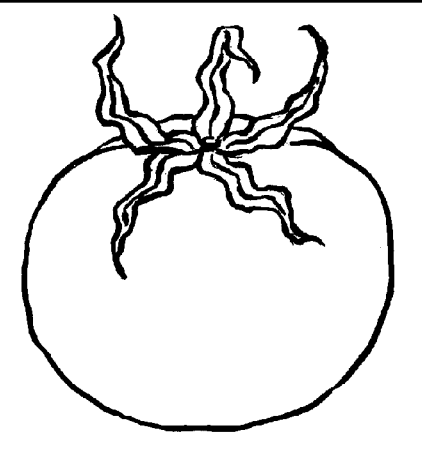
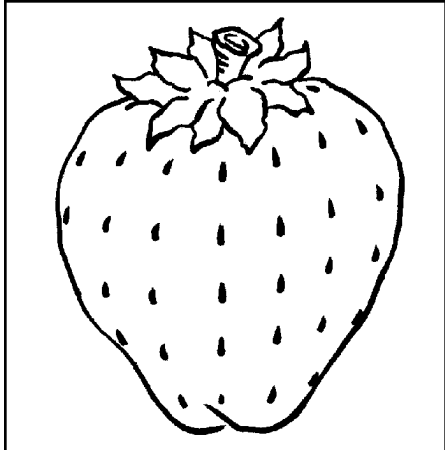
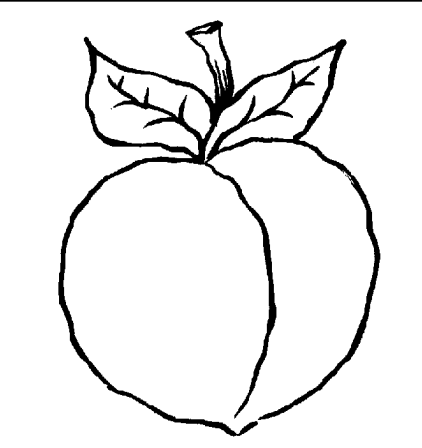
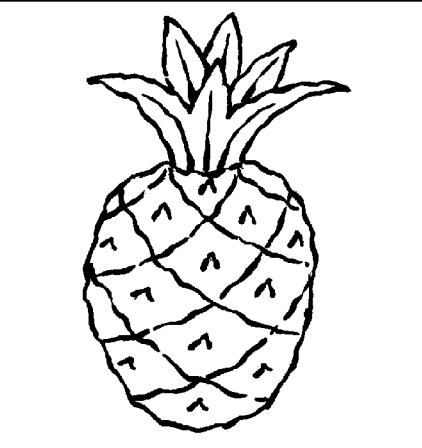
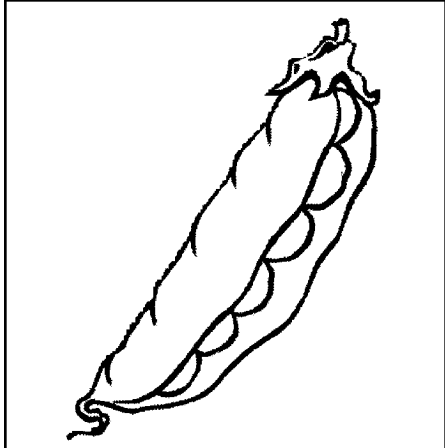
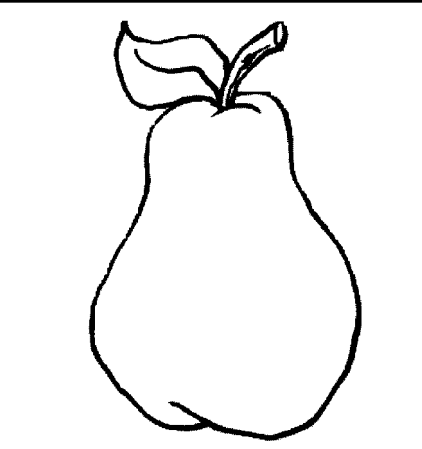
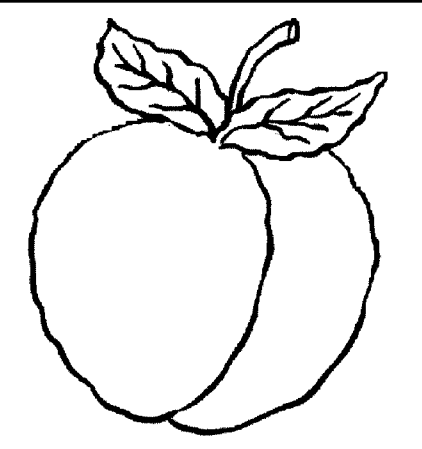
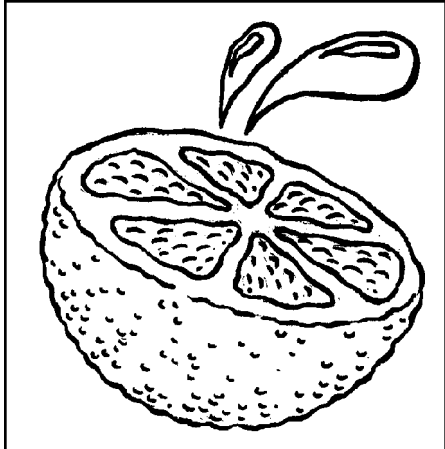
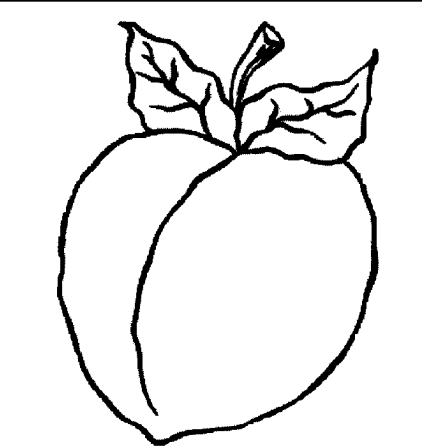
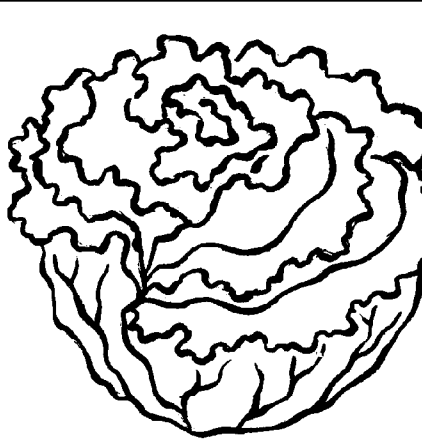
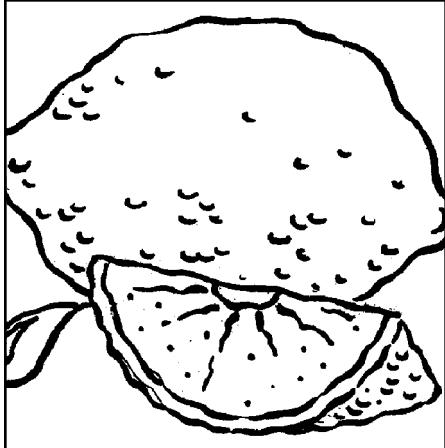
✓ The **Physicians' Committee for Responsible Medicine** contains a wealth of information concerning health and plant-based nutrition. You may want to check out the excellent article, "Vegetarian Diets: Advantages for Children" (pcrm.org/health/Info_on_Veg_Diets/vegetarian_kids.html).

✓ The **Vegetarian Resource Group** offers vegetarian and vegan recipes, nutrition information, cookbooks, and a vegetarian game (www.vrg.org/nutshell/kids.htm).

✓ The **Vegetarian Society of the U.K.** provides two child related resource sections. The Youth Pages supply materials and ideas for working with adolescents (www.vegsoc.org/Youth/youth.html). The Virtual Schoolroom offers complete lesson plans from primary to secondary grades designed to promote plant-based eating (www.vegsoc.org/VirtualSchoolroom/VSchrm.html).

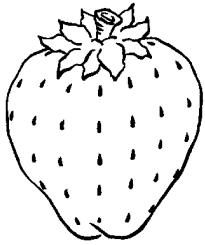
✓ **Vegsource** is a reference site to direct the user to other Internet resources on the subject of plant-based eating. The site includes discussion boards, an online magazine, and links to famous vegetarian doctors with online resources (www.vegsource.com).



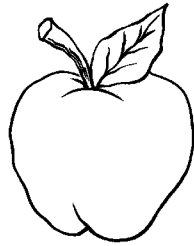


Ricky's Garden Adventure

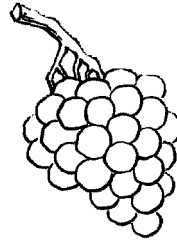
Meal Fruits and Veggies



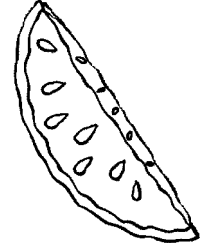
strawberry



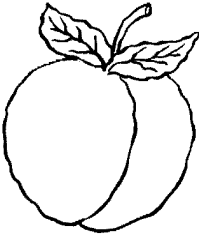
apple



grapes



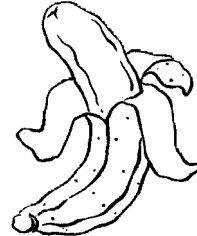
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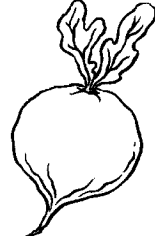
peach



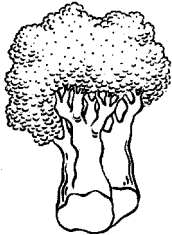
pear



banana



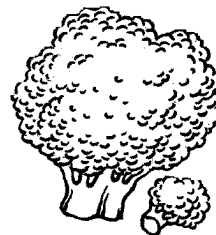
beet



broccoli



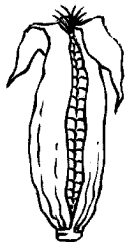
carrot



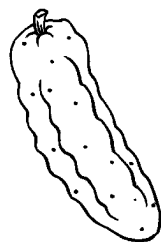
cauliflower



celery



corn



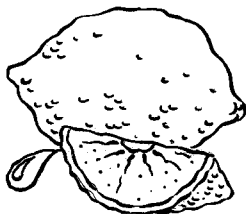
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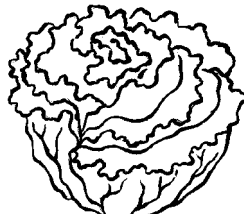
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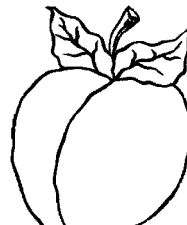
green pepper



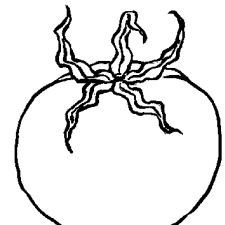
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lettuce



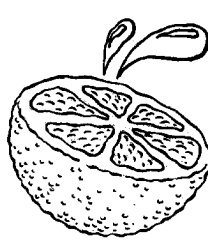
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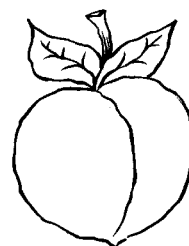
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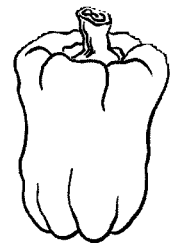
peas



orange



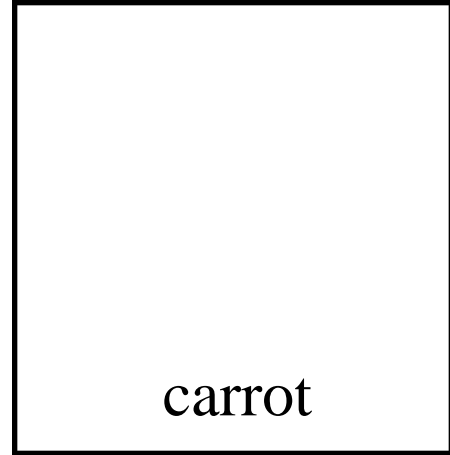
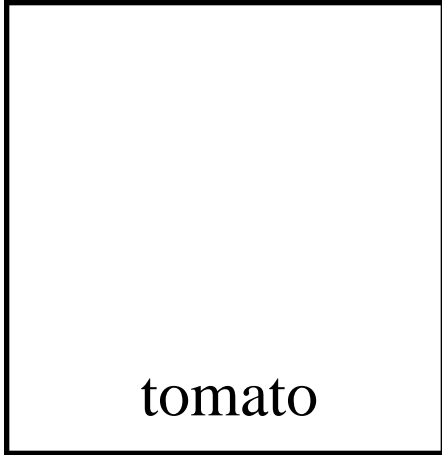
plum



green pepper

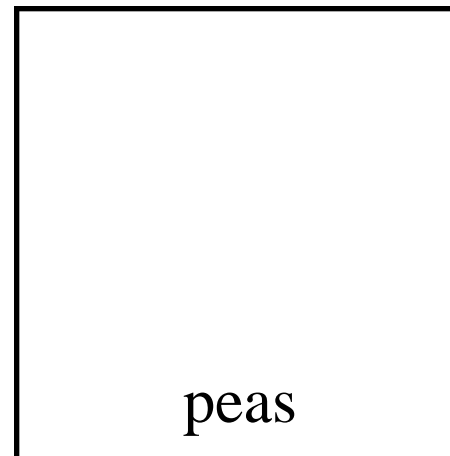
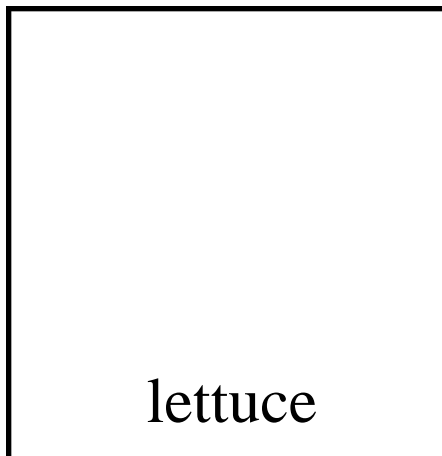
Ricky's Garden Adventure

Ricky was a young boy who lived with his mother in a small city somewhere in the middle of a big country. Ricky was happy, but not very healthy. Like many other children, Ricky hardly ate any fruits and vegetables. He didn't know the pleasure of biting into a rich, juicy TOMATO, or



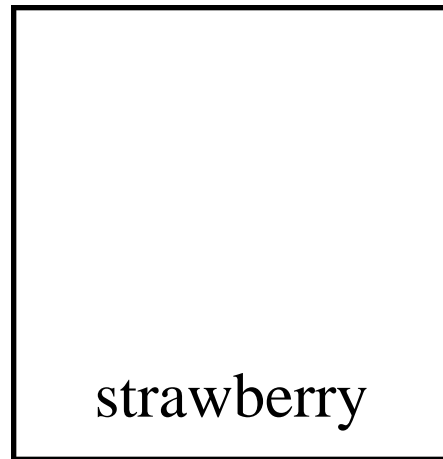
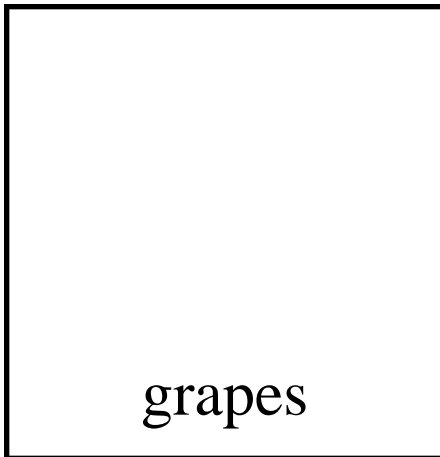
crunching his teeth into a sweet, orange CARROT. No, he had never known the wonderful, fresh feeling of eating a LETTUCE salad with plenty of sweet, green PEAS.

One day Ricky was out playing in the yard when he decided to go exploring. He found a gate in the back fence and tried to open it. The latch was stuck. Just as he was about to give up, the gate swung open. His eyes were met by a beautiful world of bright colors and soothing green leaves. He was in a garden!!



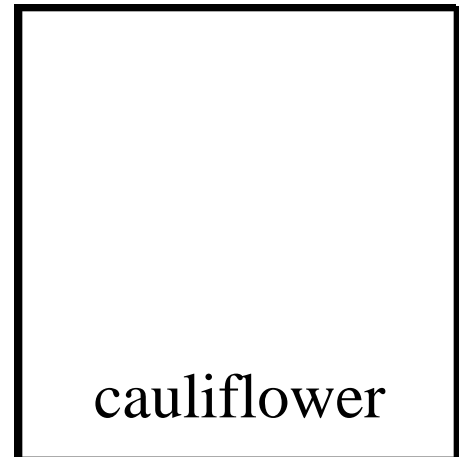
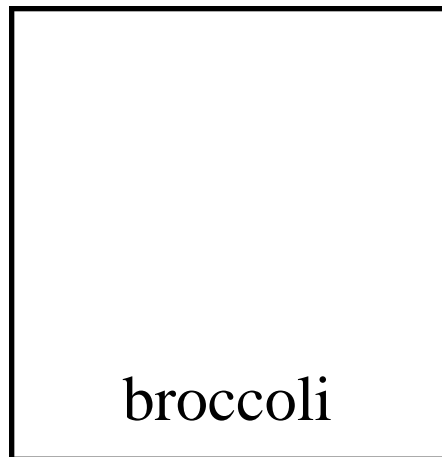
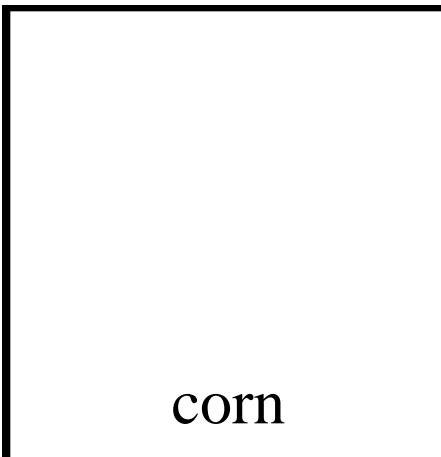
A moment later, Ricky heard a voice next to him. A giant rabbit in overalls called out, "Hi! You must be Ricky from next door. Your mother has told me much about you. Would you like a bowl of fruit?"

"Yes," Ricky replied, "You must be the rabbit gardener." Ricky took the bowl and bit into sweet, purple GRAPES and delicious, red STRAWBERRIES.



"I will show you my garden," said the gardner. "It is divided into two sides. The right half is full of fruit trees. On the left, there are rows and rows of vegetables."

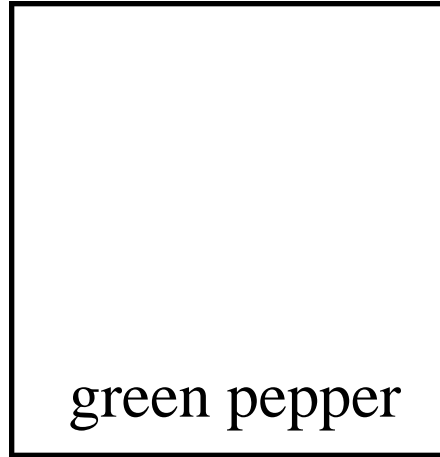
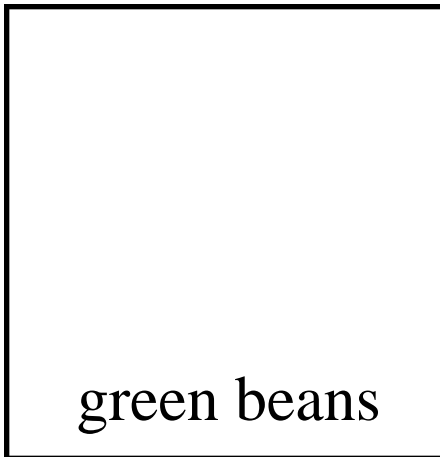
"First, I have sweet, yellow CORN. This is my favorite because it is sweet and delicious. Then there is a row of BROCCOLI and CAULIFLOWER. They look like little trees that you can eat in one bite.



The furry gardener continued to walk and talk with Ricky. “Would you like to try some different fruits and vegetables?”

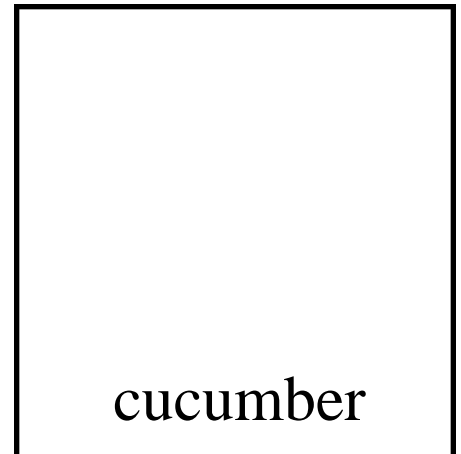
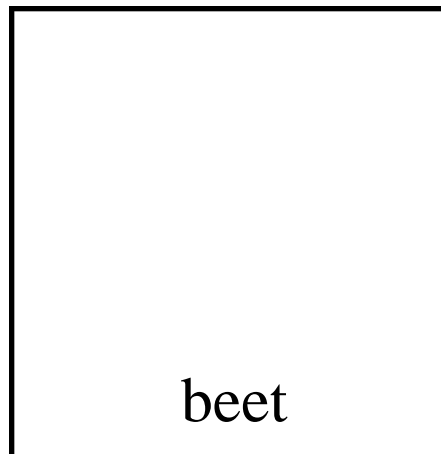
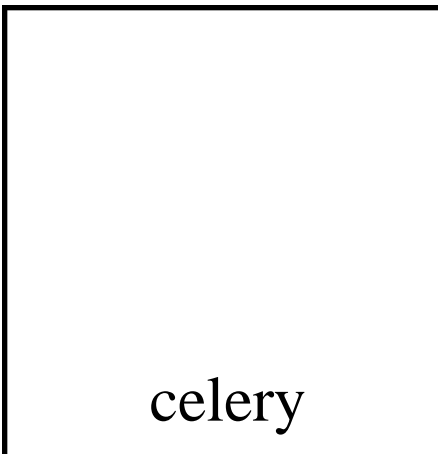
“Sure!” shouted Ricky, as he snapped into a nice, firm GREEN BEAN.

The long-eared gardener rabbit picked a large, green, bell-shaped vegetable. Ricky took a bite, “Wow! It is light and crispy!”



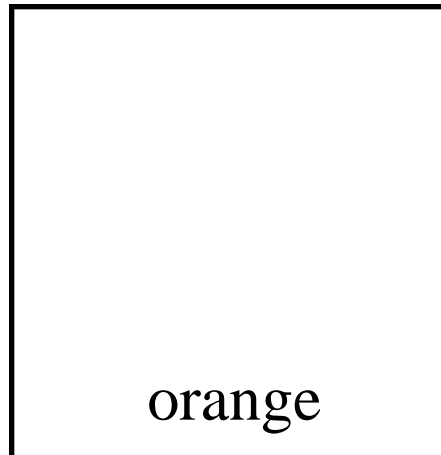
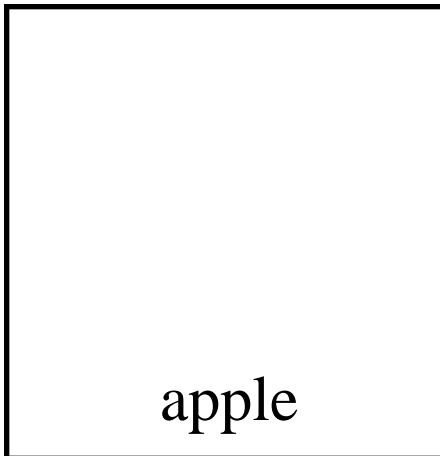
“It’s called a GREEN PEPPER.” As Ricky munched, he noticed tall green stalks with little leaves on top and stared in surprise.

“That’s CELERY. Try some.” So Ricky took a bite. It was super crunchy and tasted like clean water. The gardener handed Ricky another vegetable. It was very sweet and left a bright purple stain on his hand. “That’s a BEET. They grow underground. Now try a deliciously cool CUCUMBER.”



Then the farmer took Ricky to the other side of the garden. There were many kinds of trees, each with a different fruit. Ricky took a huge bite of a crunchy, red APPLE. "Yum..." he mumbled.

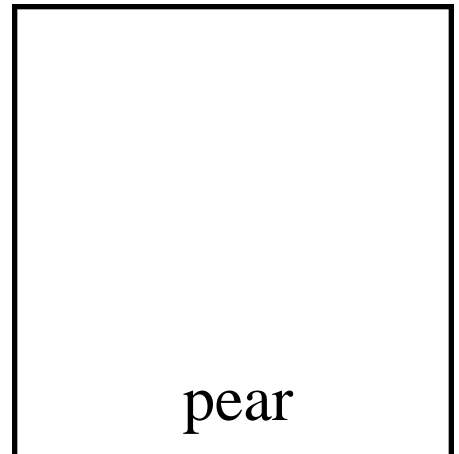
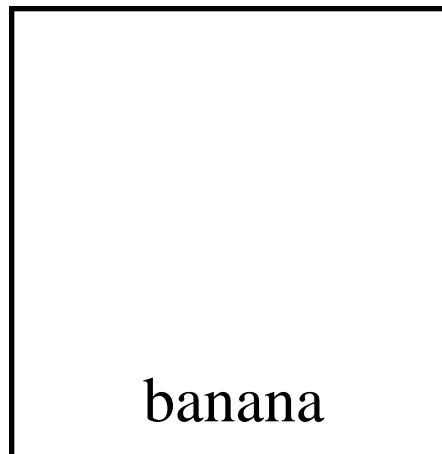
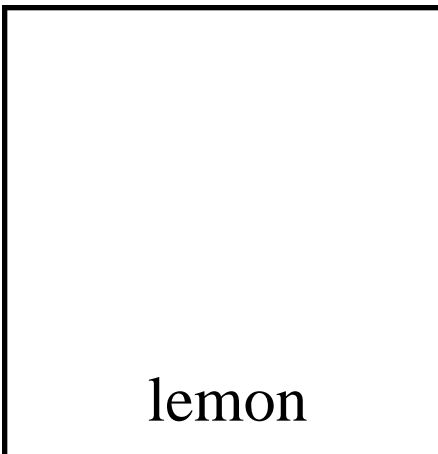
While Ricky was chewing his apple, the farmer peeled a sweet, juicy ORANGE. "Be careful," the gardener warned. "This fruit explodes with flavor!"



Next, the gardener showed Ricky the bright, yellow LEMONS. "These are like sisters to the oranges. They are very sour, but taste good squeezed into water or over lettuce."

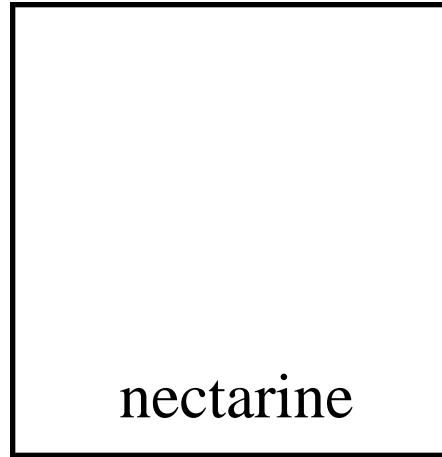
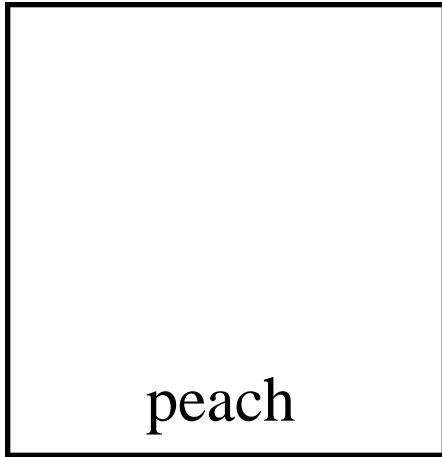
Ricky recognized the next fruit instantly. It was a bright, yellow BANANA. "Scrumptious," Ricky said, excitedly peeling the fruit.

"Try this," and the gardener held out a PEAR. "It is so soft and sweet that it tastes like jam!"



Ricky saw two fruits that looked the same. The rabbit gardener noticed Ricky's confusion and explained, "They are the same size and shape, but PEACHES are fuzzy outside and soft inside. NECTARINES are smooth outside and firm inside."

"PLUMS are one of my favorites," the gardener told Ricky. "They are smaller than a peach, purple or red, and can be sticky-sweet like pears."



Ricky picked a plum and took a big bite. Juice ran down his chin. "They can be messy, too," laughed the four-footed gardener.

"Scrumptious," replied Ricky, not caring at all.

"It's time for you to be getting home, Ricky. Let me give you a delicious pineapple and watermelon fruit salad to take to your mother for lunch."

"Thank you," said Ricky. And off he went, but he knew he that he would be making the tasty trip again and again.

